

Keeping up the PACE

A monthly publication of PACE@Home



PACE@Home

The Champion for Seniors Wishing to Remain in Their Community

Board Members

Carolina Caring:

- Dana Killian
- Darrell Johnson
- Sue Nelson
- John Tucker

Lutheran Services Carolinas:

- Ted Goins
- Andrea Benfield
- Kirby Nickerson
- Karen Harrington

Member Organizations



Proud Member of



Happy Anniversary!

Kristin P. (staff)	1 year	Rodonna W. (staff)	5 years
Richmond T.	1 year	Treena B. (staff)	5 years
Patricia C.	1 year	Michelle H.	5 years
Daisy R.	1 year	Lisa E. (staff)	6 years
Eunice H.	2 years	Johnny M.	8 years
Rickey H.	2 years	Barbara F.	8 years
Pamela M.	2 years	Emily J. (staff)	10 years
Betty J.	3 years	Judy J.	11 years
Katlyn M. (staff)	5 years		

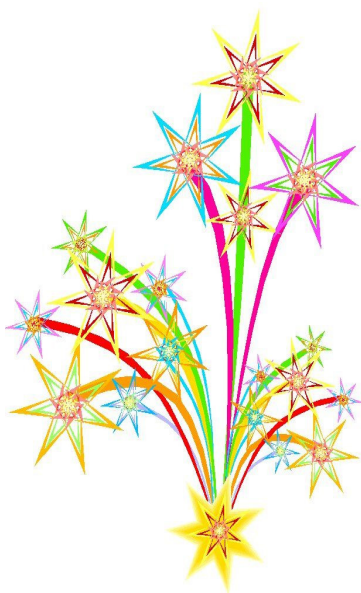


Happy Birthday!

Vivian N.	2nd	Oneda B.	17th
Lisa P. (staff)	4th	Elizabeth B.	18th
Tracey S. (staff)	5th	Anise F.	19th
Michael R.	11th	Ashley S. (staff)	22nd
Alice P.	12th	Renee C.	23rd
James H. (staff)	13th	Gemma R.	28th
Paul H.	13th	Debbie F.	30th
Jose A.	14th		

Reminder:

In observance of the New Year's holiday, our office will be closed on Monday, January 1.



Welcome to PACE!!



(Participant)
Paul H.



(Participant)
Judith M.



(Participant)
Jose A.



(In-home Care PCA)
Ashley S.

Nutritional Tip for the New Year!

As the new year begins, let's start off on a new plan to improve our whole self and wellbeing. Even if we just choose one new habit to incorporate into our daily lives, we can see the benefit. Some of these habits go beyond nutrition. Our PACE Registered Dietitian is planning on focusing on the following:

1. Choose water first and consume at least 60-65 ounces per day minimum (unless otherwise instructed by your Provider)
2. Focus on lean proteins. Choose 2-3 oz minimum of high-biological protein like eggs, chicken, turkey, fish and lean beef each meal. You can also get protein from low-fat dairy and dried beans and nuts. These foods keep you full and help maintain your energy.
3. Move your body every day beyond your normal routine. Find an activity that you enjoy and can keep you mobile.
4. Sleep! Try a new sleep hygiene routine. Consider no screentime or T.V. at least 2 hours before bed, sleep in a cool room, and limit caffeine by midday to optimize your sleep.
5. Add at least 1 fruit and/or vegetable in any form to your diet daily for added fiber. Keeps you full and helps improve GI function.

Hope you will join PACE in making 2024 the healthiest year yet!

Day Center Happenings



The holidays are a time for fun, decorating, love and giving! This past month at PACE we enjoyed each of these things. We decorated the Christmas tree in our Day Health Center and created holiday wreaths to decorate our own homes.

We got lots of love from our new furry therapy friend, Faith; she warmed our hearts! We did our part helping families in need this holiday season by putting together “Blessing Bags” to donate to local families.

And the biggest surprise of all was the visit from Mr. Grinch himself. We had so much fun getting to take pictures with our green friend!



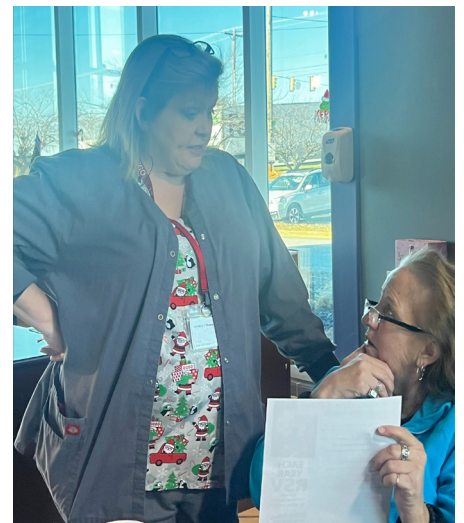
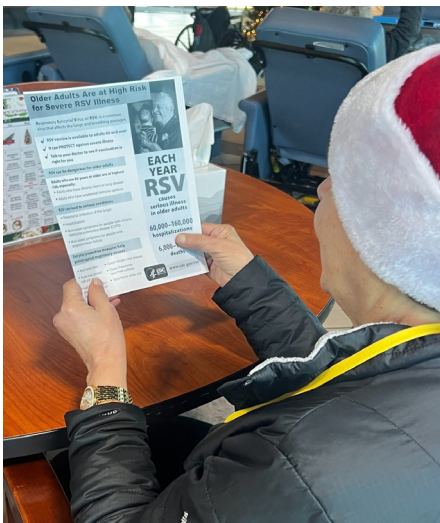
Happy New Year

It's RSV Season:

Triage RN, Tina, provided education on RSV and tips to prevent the spread of this infection. If you are at high risk for severe RSV infection, or if you interact with an older adult, you should take extra care to keep them healthy:

Wash your hands often, avoid touching your face with unwashed hands, cover your coughs and sneezes, clean frequently touched surfaces, and stay home when you are sick.

RSV vaccines can also help protect older adults from getting the infection. Talk to your provider to see if vaccination is right for you.





PACE@Home

Our business hours are

Monday - Friday 8:00am - 5:00pm

Call 828-468-3980 • Fax 828-464-2845

www.pace-at-home.org

**If you need medical assistance during
evenings, nights or weekends please call:**

828-468-3980

PACE@Home

A Program of All inclusive Care for the Elderly

1915 Fairgrove Church Road SE

Newton, NC 28658

